

School Health Guidelines: INTRODUCTION

Introduction to the School Health Guidelines

August 2015

Purpose of the Guidelines and this series

The purpose of the guidelines is to implement and sustain healthy eating and physical activity policies and programs to make a powerful impact on student academic success and local school district goals.

Each of the 9 guidelines work together to move schools toward creating a healthy future for students. While the goal is to implement all 9 guidelines, not every strategy will be appropriate for every school. Schools work at their own pace and implement strategies that are customized to their district. Several guidelines can be implemented at one time or the guidelines can be implemented individually.

This series of newsletters was developed to highlight one guideline per month, with a school connection newsletter and a home connection newsletter. We hope you'll find them useful tools to promote healthy eating and physical activity at your school throughout the year.

School Health Guidelines:

*Provide science-based guidance
for schools on establishing a
school environment supportive
of healthy eating and
physical activity.*

School Health Guidelines

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1. Policies and Practices
 2. School Environments
 3. Nutrition Services
 4. Physical Education and Physical Activity
 5. Health Education
 6. School Health Services
 7. Family and Community
 8. School Employee Wellness
 9. Professional Development

Ideas to Try at School :

- Send the parent letter home, post it on your web site, and promote it in your school newsletter
- Send the school letter to staff
- Recruit staff, students, parents and community members for the school wellness committee

Healthy Kids Learn Better.

Resources/links:

[School Health Guidelines \(full\):](http://www.cdc.gov/healthyyouth/npao/strategies.htm) <http://www.cdc.gov/healthyyouth/npao/strategies.htm>

[School Health Guidelines Executive Summary \(short\):](http://www.cdc.gov/healthyyouth/npao/pdf/PAN_Guidelines_Executive_Summary.pdf) http://www.cdc.gov/healthyyouth/npao/pdf/PAN_Guidelines_Executive_Summary.pdf



Questions? Need more information?

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